THE PRACTICAL HOUSEKEEPER'S OWN PAGE

Why Salad Is Good in Summer

"As a rule, a salad conveys to the

The attractiveness of a salad as an adjunct to a dinner, especially in hot average English mind merely a dish of weather, is explained on physiological cultivated plants, such as lettuce, principles by a writer in The Lancet, endive, cucumber, mustard, cress, onlon principles by a writer in The Lancet or radish. Such excellent wild vege-(London). He calls attention to the tables as sorrel, dandelion, wild chicfact that the sight of food, particularly ory, shepherd's purse, lady's smock. animal food, often lessens the appetite or even stone crop, all dignified by the on a hot day, and that a fresh green pame of weeds, are well known to our salad not only renders the outlook of a French neighbors as admirable ingredimeal attractive, but is encouraging ents of a salad, but such plants,

also to the digestive organs. He says: though growing abundantly in every "When there is no inclination to eat grassy meadow, are almost unknown as or when, as it is commonly said, a materials for a salad in this country. person does not 'fancy' his food, there Dressed by the discreet addition of is, as a rule, torpidity of digestive func- sound olive oil and pure wine vinegar, tion. With the sight of tempting food no more excellent adjunct to the cold the work of the digestive organs is be- dish can be suggested. The oil modigun. 'The mouth waters,' and even the fies and 'smooths' the peculiar flavors gastric juice flows in response to a of the juices of the plant, while the pleasant impression. The salad, there- vinegar softens the tissues, renders fore, may fill a special and important them more digestible, and gives an gap in the dietary; and when it is pre- agreeable piquancy to the whole. The pared with oil, as every good salad use of salads prepared from tender should be, it becomes an excellent and plants by those who possess normal agreeable vehicle for conveying fat into digestive powers is undoubtedly salutary, and the constituents of raw green

The writer tells us that until recent vegetables contain salts which have a years the salad was an almost ignored favorable effect upon the condition of dish in Great Britain, its preparation the blood. In cooking, of course, a being badly understood. Even now, he large proportion of these salts is resays, few English people realize that moved. It is probably the abundance materials for making salad grow wild of alkaline saits in green vegetables abundantly in England and may be had which makes them of service in some for the mere plucking. He writesa diseases of the skin."

LONDON DINNERS AT \$33.50 PER.

At 8 o'clock the diners stroll in like

Caviar d'Astrakhan.

Hortue a la Savoy.

Supreme de Sole Suchet.

Natives a la Villeroy.

Escalopes de ris de veau beurre

Noisette.

Veloute Palestine.

Selle de pre Sale Cumberland.

Pommes peroillees.

Riz a la Greque.

Timbal d'ertolans a la Royale.

Zephir de queues d'Ecrevisses.

Frappe a l'Orientale.

Granite au Kuemmel.

Canard de Rouen au Sang.

Salade Mirka.

Asperge Vertes Mousseline.

Orange Souffle a l'Infante.

Croustades fin de Siecle.

Wines.

eighty cooks employed at the Savov

who will have helped to tickle the

palate of the diner. The dinner will

another attendant will have looked af-

fine port, 1808; liqueurs.

Corbeille de Fruits.

wholesale.

SOME PIE RECIPES.

Restaurant dining in London is an ex-Cranberry Pie.-Make a eranberry pensive diversion of the money kings, sauce as for the table, using one-quarter and is the universal fad of London so- cup of water to one cup berries and ciety. At present, fashion centers about about half a cup of sugar; do not strain the restaurant of a hotel which owes it. Line a plate with rich paste, pour much of its prominence to the fact that in the cranberries and put a few dots its cooking batter, which is specially of butter over the top. Cover with made in France, costs 75 cents a pound paste and bake. As the pie is taken from the oven sprinkle powdered sugar Every evening princes, dukes, mar- over the top. Serve when just cooled quises and London's financial leaders and neither hot nor after being kept a gather in the restaurant, which seats day or two.

350 people. All the men are in evening clothes and the women wear low-necked of eranberries cut in halves, one teacup gowns and are ablaze with gems. The of granulated sugar, into which is the tables are decorated with flowers and oughly stirred one heaping tablespoon smilax, with softly shaded candles burn-ing, the light diffused and reflected by mon. Add a scant half cup of water, mirrors. The ceiling is decorated in dull and stir all together. Bake with two bronze and the woodwork is mahogany. crusts. This makes a large pie.

Lemon Pie.—Beat three eggs slightly, guests at a house party. Between 9:30 add two-thirds cup sugar, one-fourth and 10 the diners move into the foyer, a cup lemon juice, grated rind one-half huge room decorated in green brocade, lemon, and two tablespoons cold water. carpeted with thick pile, with handsome Line a pie plate with paste as for paintings on the walls, and statuary custard pie. Pour in mixture and scattered about. Here coffee is served, bake in a moderate oven until set. Rethe men light cigars and smoke, and move from oven, cool slightly, cover there is music by the Neapolitan string with meringue, and bake meringue about eight minutes. If taken from A dinner such as the following costs, oven before thoroughly cooked, the with wines, \$27.50 for one person, with eggs will liquefy and meringue settle; a tip of \$5, and \$1 more for coffee and if cooked too long meringue will be

cigar, making the total expense \$33.50. tough. Mock Apple Pie.—One large eracker pounded, add a small cup of water; add the juice of one lemon and a small cupful of sugar. Bake with two crusts.

Banana Pie.-Choose yellow bananas net quite ripe. Cut in quarter inch slices, mix one-fourth cup of sugar, one saltspoonful salt, and one tablespoonful of lemon juice, and spread half of it on the crust. Dot with a teaspoonful of butter, then put in a layer of bananas, then sugar and another layer. Coverwith a rich crust and bake quickly.

Fried Pies. - Soak dried apples (after washing) in cold water over night, stew- guest who is obliged to diet." ing them till tender in just enough water to cover. Mash through a sieve and season with sugar, salt and spice to taste. Cook till thick, then lay a spoonful on a circle of pastry, turning onehalf over the apple, pressing the edges Tokay, extra dry; Nuremberger Hof- closely together. Brush the pastry over auslee, 1874; Moet Dry Imperial, 1892; with beaten egg and fry in deep, hot fat Pol Roger, 1893; Chateau Lafite, 1875; six minutes.

Cream Pie Crust .- To one pint of Chateau Iquera, 1874; Dow's port, 1878; sifted flour add one even teaspoonful of Each course from the caviar to the baking powder and sweet cream enough fruit will have been prepared by a sepa- to wet the flour and make a good stiff rate cook, making eleven out of the crust. This is enough to make two pies.

A RURAL LUNCHEON.

have been served by two waiters, and Here are directions for a pleasing

ter the wines, while two more will have For the main course prepare young made the coffee and served it and the eigars at the end of the meal. Sixteen chickens cut in halves and fried Southpersons in all will thus have contributed ern style. Serve with hot cream gravy to the epicurean demands of the diner. and corn fritters. On the side of the in the fad of raising butterflies indoors, of sliced tomatoes or stuffed tomatoes fashionable, a box of polished wood, friends. A delicious dish is macaroni with sides of glass and a movable wire Milanaise. Cook spaghetti well, fry it screen top. It is said that butterflies in butter and serve with mushrooms. caterpillar or the chrysalis. There Swiss cheese and a tomato sauce. Mornshould be a movable pan for earth and ing glories make a pretty table decoramoisture and also a jar to hold the tion. Place them on the vines in a cutspecies of foliage on which the cater- glass bowl in the center of the table and the foundation of health. pillars feed. One who owns a vivarium let them run riot over the cleth. Paint says that much of the wonderful ways morning glories in the corner of the of butterflies can be thus learned, and name card. Serve the strawberries from trying to reduce her waist line by jump- herence to the teachings of Fletcher- handle.

MENU FOR A NERVOUS CHILD.

Breakfast. Juice of two oranges. Cereal (well cooked) with cream. Poached eggs. Whole wheat bread toasted. Cocoa.

Luncheon, Chicken broth with rice. Small broiled lamb chops, frenched, baked potatoes. little vinegar.

ter stuffing. Mashed potatoes. Apple-sauce, not very sweet. Fresh asparagus. Soft custard.

Milk.

ILLUSTRATED DISHES.



THE DIETING FAD.

Dieting may be carried to excess as may anything else Dieting is somewhich agrees with them and to avoil were women between the ages of twen- Second Course. With the soup, sherthat which they know does not agree ty-five and forty) obtained substantial ry, slightly cooled, should be served with them. It is well for all persons to and varied food at a cost of little more from a decenter and poured into small. The sooty appearance of the asbestos with them. It is well for all persons to and varied food at a cost of little more from a decanter, and poured into small the food they eat and to take into their Fletcherism does not demand such ex- the top. The sherry glasses should be system the kind of food they think treme frugality; it merely declares that removed after this course, most beneficial to them. This does not go through a vigorous course of dieting. The trouble is that dieting is about to become a fad in this country tices have been ruined by becoming while pursuing their studies, a six Fourth Course-Of fish, rhine wine fads. The conditions in London are well told by Lady Mary in her recent London Letter, which says:

become that a number of well known runs thus: "I am sorry to appear in-

simpler life have given no end of 000 a day, or \$365,000.000 a year.

water with semi-cooked minced beef, a the next thing to death."

their fancies in their own houses; it is from the family wage-earners. the intrusion elsewhere which is so pro-Doctor and the Simpler Life," has con- latest achievement of the resourceful All possible care should be taken in does not matter much what we eat, so wood-clowns, market women, moun- resembles sand or white crystals. Its should be wi like other sensible people, 's a firm be- the plates for souvenirs, is suggested quet. liever in the potency of "suggestion." as an enjoyable entertainment.

FLETCHERISM

From Good Housekeeping.

no one who masticates his food with Third Course. With the hors d'oeuvstudents earn their tultion and board with the illness, increased energy, strength and stemmed, light green glasses. So great a trial has the dieting fad endurance, and a saving of one-half Fifth Course. With the entree, claends or otherwise at country houses. It entire United States. A saving of one- warmer than other wines. half a pound a day in the food of each | Sixth Course. With the roast, cham-

trouble in other people's houses, and Fletcherism, however, is not an agita- Seventh Course. A sherbet. With servants, who are all autocrats in these tion for money economy pure and sim- this cooling refreshment, regular sherdays, have decided that they won't put ple. Its central aim is to bring about bet glasses (small glass cups with up any longer with the one or the a higher efficiency in the individual, handles) are necessary. other. Were the food faddists all to the home, and the state, and this alm Eighth Course. Game with salad take the same menus they might be is indicated only by the broader mean- should be accompanied with burgundy, to feed at the same table the carnivor- pocket." said Mr. Fletcher, "that is served from native bottles in wicker saved by economic nutrition is of lit- basket, poured into plain crystal The young Duchess of Marlborough is the matter as compared with the sav- glasses. After the eighth course the she had no less than nine "cranks" sit. ency to be purchased at high prices. liqueur glasses before the guests. All ting at her table, each of whom had to and could lack of efficiency be had for crumbs are carefully swept away, and be supplied with a totally different nothing, the high priced article would dessert spoons and forks laid for the class of food. One thrived upon a be well worth its cost, no matter what Ninth Course. The dessert is usually block consumption, tuberculosis and inmonkeylike repast of nuts and raisins, it might be for the reason that total a frozen pudding or other cold dish. cipiest germs of the white plague, the

a china platter wreathed in the morning ing up and down on the floor. Her ism will bring with it a complete free- Tenth Course. Consists of black cofneighbor on the other side, who may be dom from indigestion and its broad of fee served in small after-dinner cups. making a semi-"rest" cure, has con- diseases, a large increase in productive After partaking of a bountiful residerable reason to complain of this, for capacity, and a far keener enjoyment past, in which all these details have very little cinnamon water and two how on earth can her nerves be soothed of eating than is possible under cus- been observed, one may well exclaim while these weird sounds are to be tomary ways of bolting food. All this with Iago: "Come, come, good wine heard at all times of the day and night, means household economy in every is a good familiar creature, if well but keep the mixture in motion by There is no getting away from it, the sense of the word-saving of money, used. Exclaim no more against it!" hygienic brigade has become a nuisance. of time, and of work involved by table Sherry, port and madeira are improv. in the usual way. This recipe may be No one resents their carrying out all service, together with larger income ed by being decanted several hours betheir fancies in their carrying out all from the family wage-carners.

Charming little gift boxes are the otherwise warmed,

Upon the Serving of Wines

as to how, when and in what to serve ner, may not come amiss. In plan- will spoil the flavor of any fine wine. ning the menu, the appropriate wines for each course, and the correct glass- poured into the host's glass, before cative of refined and graceful hospitality, as are the delicious viands and exquisite china.

A dinner of ten courses with six liberality without ostentation. And yet, many a less elaborate dinner with fewer courses, may be made equally attractive, and fully as satisfactory. It If only two kinds of wine are served, sherry should accompany the soup and fish courses, and either claret or cham- to do. pagne be brought on with the roast, and served throughout the remainder of the

For the ten course dinner, cut glass goblets filled with water and crushed ice are placed at the right of each plate, about ten or twelve inches from the edge of the table. With these are grouped sauterne, sherry, rhine wine, laret, champagne, burgundy and liqueur glasses. The goblet of water remains in place throughout the dinner, being refilled at intervals. M. Blot, whom we have previously quoted, says or wine, should be taken immediately glasses. before eating.

First Course. With the oysters, a glass of sauterne is the most appropriate accompaniment. This should be served in light green glasses, poured from native bottles, which have been During a voluntary experiment in cooled to 52 degrees Fahrenheit, but

mean, however, that everyone should thoroughness will care for more than res, which may consist of cold side one-half of the amount of food cus- dishes, such as canapes, caviar, or tomarily taken. At a missionary agri- anchovies, or of hot dishes, such as culture college in Tennessee, where the timbles, croustades or bouchees, and

> months' test of Fletcherism (thorough is served from original bottles cooled mastication) resulted in freedom from to 52 degrees, and poured into long

of the drafts on the commissary. A ret is served from a decanter having ing, as they clog the burners and cor-English and American hostesses here rough calculation, which, however in- a handle, and poured into pure white have put their heads together and have accurate, is certainly filuminating, has glasses, never colored. The temperature drawn up a paragraph which is printed been made of the possible economy of the claret should be from 65 to 75 and sent out with invitations for week which Fletcherism could effect for the degrees, at least thirteen degrees

hospitable, but my housekeeper and individual would mean a reduction of pagne is served from native bottles, as knock out any dust or soot that might cook cannot arrange to cater for any about 17,000 tons of food daily in our cold as possible, but not iced. The population of seventy millions. At a usual champagne glasses are saucer-The truth is, for months past the rate of the cost of flour, the saving to shaped stem glasses, although some food faddist and the follower of the the nation would be more than \$1,000,- prefer a goblet shape, one size larger than a claret glass.

tolerated, but it involves complications ing of "economy." "The cost to the slightly warm, at 65 or 70 degrees, known among her friends for her ex- ing of the waste of energy and the table is cleared for the first time of treme good nature, and the story is told danger of disease. Were mental or all plates, knives and forks, leaving against her that recently at Blenheim even physical improvement in effici- only the water goblets, champagne and

another devoured grape nuts and cream, lack of efficiency is equivalent to With this course champagne is the board believes that kissing should be a third swallowed quarts of boiling death, and any proportionate lack is favorite beverage in every country, stopped. Kissing on the mouth is es-After the dessert plates, forks and pecially objectionable, according to the fourth was convinced that death lurked Thorough chewing is a cure for all sponos are removed, a fingerbowl part-board. plate put potato croquettes and two for her in anything which contained the ills which come crowding upon the ly filled with scented water is placed .. Do not kiss any one on the month A nature lover ought to be interested slices of thin, crisp bacon. A crisp salad starch and sugar. Another sipped fear. hasty and careless eater. The body before each guest on plate having up- or allow anybody to do so to you," is ful and wonderful concections in which needs a certain amount of food to keep on it a dolly, a fruit knife and a nut one of a list of "rules for school chilin what is known as a vivarium, which and strawberries and cream would make vegetables had been stewed, and so on. up its power; a small portion in ex- pick (if fruits and nuts are to be serv- dren." may consist of a box frame covered this a simple appetizing meal which you Is it any wonder that even the duchess cost of this requirement does no service ed). After the fruits, cognac and Itwith mosquito netting or, what is more need not hesitate to serve your city good nature gave away?

In the opinion of the board, the good nature gave away? It is no uncommon thing to be awak. energy to get rid of it, and every addi- chartreuse or kummel, are served in municated easily in this way and it is ened at 5 o'clock in the morning in your tional portion of food does more than miniature decanters, without handles, suggested that not only children, but friend's country house by men boxing proportionate harm. One cannot rid and poured into tiny thimble-shaped grown persons may well do away with may be raised in it from the egg, the Also serve small bits of tongue, grated as if they were prizefighters. They are himself of a glut or excess without an glasses, which should match the de- the habit of kissing one another on the merely performing physical culture ex- enormous expense of brain and body canters, either plain or colored, cut or mouth when they meet in the street or ercises which they impress upon you energy. It is this continual taxing of in striking gold effects. Creme de in the home. at breakfast is a pastime which means our physical and mental power which menthe is served on shaved ice in a is responsible for most of the disease, special bowl-shaped glass, from 2 The lady who makes mysterious inefficiency, and pauperism with which highly decorated small decanter either at English garden parties, and those noises in the room adjoining yours is the world is burdened. A faithful ad- of white or colored glass without a

fore using. In winter, the decanters

should be dipped in warm water or enough for a medium sized family, as

verted not a few food faddists. Among woodcarver of Switzerland. These handling and decanting wines in order Few people consider mutton fat good

Lighter wines, such as bordeaux and be too white.

most Italian wines, should be decant-Upon all formal occasions when noth- ed only an hour before dinner, and brought into the dining room as late ing less than a regular "course" din- as possible before using. Sauterne, her is appropriate, wines and liqueurs rhine wine, burgundy and champagne are an almost indispensable adjunct, should be served from the original According to the late Pierre Blot, that bottles, which should be stood up on pastmaster of Aristology: "The laws serving, to give the sediment time to of gastronomy are as precise as those settle at the bottom. The cork should of any other science, and must be obey- be very carefully drawn without shaked to obtain the best results." In view ing the bottle, the bottle slowly tilted. of this fact, so emphatically stated by and the clear wine gently poured out. he famous French chef, a few hints A small quantity of wine containing the sediment should be left in the the various wines during a formal din- bottle. Putting ice in the wine glass

ware for their use, are quite as indi- serving the guests. If a toast to the health of any one present be proposed, the guest in whose honor the toast is given, must not drink, but should acknowledge the compliment with a smile kinds of wine is usually considered and bow of thanks. The etiquette in typical of a formal repast, combining regard to the German custom of clinkmust hold the wine glass by the stem, being careful not to touch the bowl with the fingers. Convention also regoes without saying, that with fewer quires that one must look the person courses, fewer kinds of wine are used. With whom one clinks glasses in the eye, and not at the wine, as one unfamiliar with this custom is very apt

A few drops of wine should first be

Punch is served from a punch bowl with a punch ladle. Small glass cups with handles are used, as for sherbet, Claret Cup is served from a tall cut glass pitcher with sliver binding at the A claret ladle with a long, straight handle is used for serving Iced tea or coffee glasses are light and tall and should hold nearly a pint. An "iced tea" spoon has a long handle and a round bowl.

Water carafes are made of plain French or cut glass. Mineral water glasses are light, thin, straight and that no kind of drink, either of water plain, and are known as Apollinaris

CARING FOR GAS STOVES. By Nellie G. Coleman.

If the asbestos of stoves becomes discolored or blackened from the gas times necessary, and it is always neces diet at a normal school in Connecticut never iced. When the oyster plates smoking, as it frequently does, the thing sary for persons to endeavor to eat that thirty students (of whom twenty-seven should also be removed.

are taken away, the sauterne glasses to do is to sprinkle the feathery fiber should also be removed.

with common table salt, then light the with common table salt, then light the know the chemical composition of all than 9 cents per day for each student. white stem glasses, flaring slightly at resumes its natural whiteness again. It happens, too, that the tiny apertures through which the gas flows become gummed and partially filled in; when such as the case run a hat pin through the holes, or a round toothpick, and it will readily free them. '

> It is important also to give particular attention to the gas range if the best results are to be obtained, and this is especially true where it is in constant service for cooking. Things inclined to boil over quickly, like misk or coffee, should be watched to prevent it happenrode the iron or zinc linings, causing them to rust and get a stained, unsightly appearance. About once or twice a week, according to the use of range, the burners should be lifted out, turned upside down, and lightly tapped to have lodged in the circular aperture that supplies the flame. A hat pin is good for picking out any particles that resist tapping. When not using keep the lids on the stove.

> Keep clean by rubbing with a dry cloth, particularly the oven floor and racks. When anything flows over and burns, or grease pops around from baking meats, it should be thoroughly scoured with soap and warm water, then wiped with the dry rag. Keeping all gas stoves polished prevents them from rusting.-What to Eat.

INDIANA AGAINST KISSING.

INDIANAPOLIS, Aug. 9 .- Indianapolis and Indiana generally are laughing at the State Board of Health. To

lated sugar, one plut of strong, green one minute. Be careful not to stir it.

his remarks is this one: "Nothing is boxes, which, of course, are of wood, not to disturb the deposit which may eating yet it is a mistake to choose really harmful in the way of food, but are surmounted by funny little men and exist in the bottle. Nearly all wines lean mutton, because the absence of thinking makes it so." Another is: "It women, carved out of one plece of precipitate a sediment which sometimes fat shows poorly fed stock. The fat It is always a good plan to buy soap Roast chicken with dry bread and but- long as we do not eat too much." taineers, fops, school children-and all presence is rather a mark of superior- meat should be firm and dry. As a gen-While another remarkable statement is: painted in bright colors. A Swiss ity than inferiority in the quality of eral rule, all meat should be firm, not "Once make up your mind that eggs or luncheon with the table decorated in the wine. This deposit however, if flabby. But while in choosing mutton fish disagree with you, and you will be the Swiss colors of red and white, and shaken, destroys the brilliancy of the one should look for a piece of which justified by the event." The doctor, with some of these gay little boxes at wine, and impairs its flavor and bou- the lean part is dark colored, in the case of lamb and vesi the meat cannot

that it is a constant delight.

It is a mistake according to a veteran housekeeper, to have floors that are intended to be ornamental treated with anything but wax. To varnish or shellac a hardwood floor of any kind is a sacrilege that should not be permitted under any circumstances. Inevitably the best of them wear scrappy and blotchy after a while, and then they have to be scraped and bleached-an expensive business, since it ought not to have been necessary at all. On no account must water be used on a waxed floor, as it will only roughen it with- Lettuce salad with olive oil, and a very out removing the dirt. Turpentine is the proper cleansing medium

in a large quantity, so that it will have a chance to become thoroughly dry before it is used. Dry soap lasts much longer than fresh. Free each bar of soap first of its paper wrappings, as these prevent it from drying properly.